

**FOR IMMEDIATE RELEASE**

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**Mystic Valley Elder Services Offers Virtual Healthy Aging Workshops  
Beginning in February**

**(Malden, MA)**— Mystic Valley Elder Services will present two FREE Virtual Healthy Aging workshop series beginning in February.

**My Life; My Health**, a chronic disease self-management workshop series, begins Wednesdays, February 3 to March 10, 2021 from 10:30 am – 12:00 pm. chronic disease self-management course is for anyone living with an ongoing medical condition, such as arthritis, asthma, chronic back pain, chronic fatigue syndrome, cancer, COPD, diabetes, fibromyalgia, heart disease, high blood pressure, Parkinson's Disease or stroke. Topics will include managing and controlling pain, beginning (or improving) an exercise program, handling stress and learning to relax, increasing energy, and eating for your health and wellbeing.

**Healthy Eating for Successful Living** is offered on Thursdays beginning February 18 to March 25 from 10:00 am -- 12:30 pm. Throughout the series, you'll learn more about how nutrition, physical activity and lifestyle changes can promote better health. This virtual workshop series focuses on heart- and bone-healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression in older adults. Healthy Eating uses the USDA's MyPlate as a framework.

Mystic Valley Elder Services works with our neighbors in Chelsea, Everett, Malden, , Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.

Learn how to connect virtually thru a Zoom platform and take the classes from the comfort of your home. Class size is limited so reserve your spot today. To register, or if you have any questions about the program, contact Donna Covellet at [dcovelle@mves.org](mailto:dcovelle@mves.org) or call 781-388-4867.

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**About Mystic Valley Elder Services**

*Celebrating 45 Years of helping older adults keep their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).*